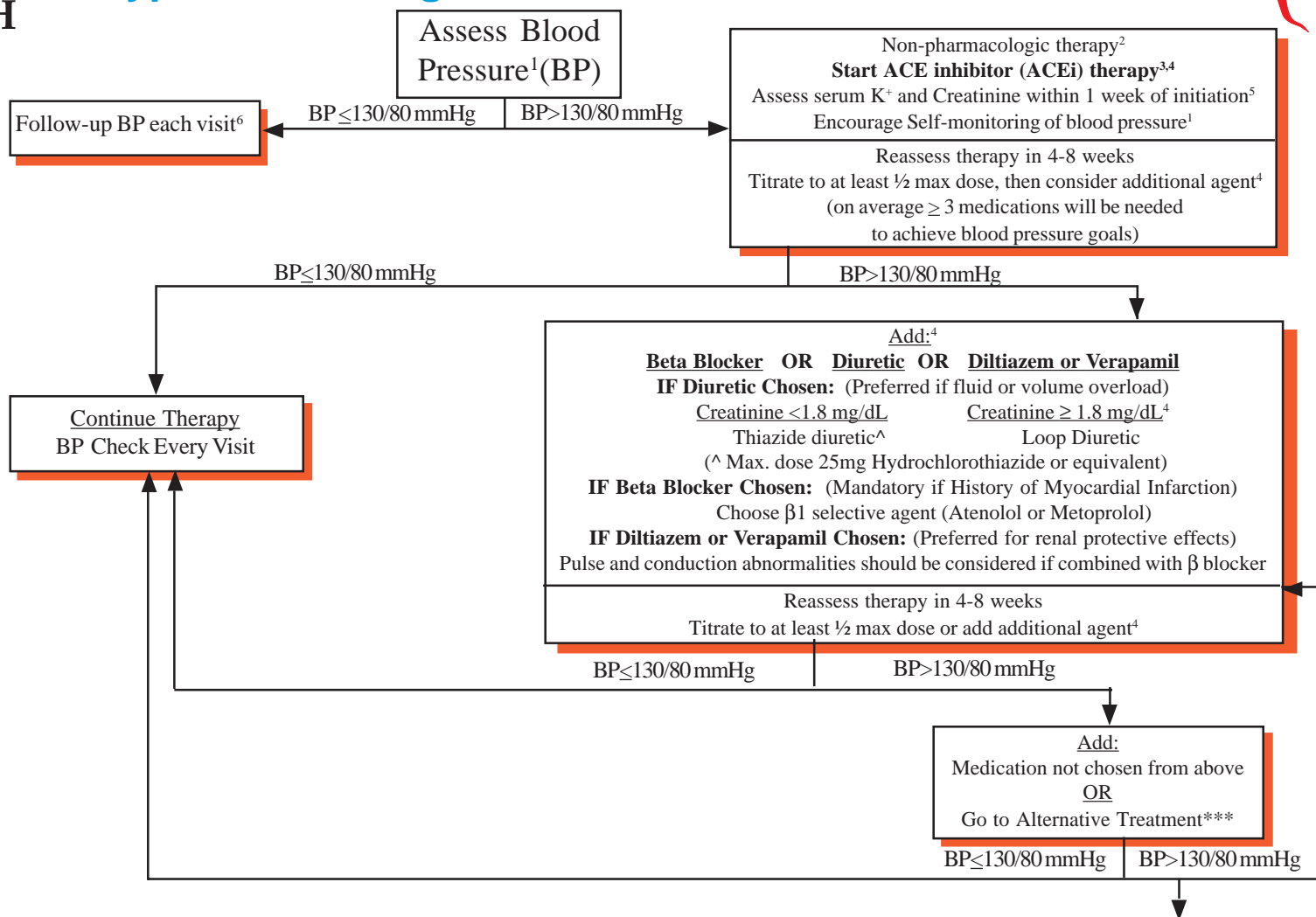




# Hypertension Algorithm for Diabetes Mellitus in Adults

Approved 08-23-01

 Texas Diabetes Council  
 TEXAS DEPARTMENT OF HEALTH


## Footnotes

- 1 Ensure proper blood pressure readings and technique. Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure: The Sixth Report of the Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure (JNC VI). *Arch Intern Med* 1997; 154:2413-2446.
- 2 Medical Nutrition Therapy Algorithm + low sodium diet (<2.4gm/day) + limit alcohol intake(1 oz. for men, 0.5oz. for women)
- 3 If ACEi intolerant, verapamil or diltiazem may be used. An angiotensin receptor blocker (ARB) may be considered. ARBs have a similar effect as ACEi on renal function

- 4 Early combination therapy may be warranted if systolic BP ≥145mmHg and/or diastolic BP ≥90 mmHg *Am J Kid Dis* 2000; 36: 646-661
- 5 If serum creatinine is abnormal, earlier assessment warranted (3 days)
- 6 In the HOPE trial, ramipril titrated to 10mg QD, was shown to decrease macrovascular events in normotensive individuals Heart Outcomes Prevention Evaluation Study Investigators. *Lancet* 2000; 355:253-259.
- 7 Amlodipine, felodipine, isradipine, nicardipine, nisoldipine

## Bibliography on back

\*\*\*Alternative treatment  
BP > 130/80 mmHg despite above agents or if intolerance/contraindications exist:

Refer to Specialist (Endocrinologist or Nephrologist)  
OR  
SWITCH/ADD: Dihydropyridine Calcium Channel Blocker<sup>7</sup>  
 (Especially useful for isolated systolic hypertension)  
OR  
ADD: α blocker, hydralazine, clonidine (caution with β blocker)

Check web site (<http://www.tdh.state.tx.us/diabetes/tdc.htm>) for latest version.

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## Bibliography

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### ACE inhibitor as 1<sup>st</sup> line therapy in Diabetes Mellitus

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### Diuretic as second line

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### Beta-Blocker as second line

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### Verapamil or Diltiazem as second line

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